



**Joslyn Adult Center - 1301 West Olive Avenue, Burbank - 818.238.5353**  
 Monday-Friday, 8:00 a.m.-8:00 p.m.; Saturday 9:00 a.m.-4:00 p.m.; and Sunday 10:00 a.m.-4:00 p.m.

**Join Us!**

## Joslyn Weekly Activities - Daily

☒ Sign-up/appointment required; \* \$2.00 suggested donation;  
 + Session fee is higher than regular \$2.00 fee (discount with BSAC).

### SUNDAY

Table Tennis	11:00	a.m.	
Matinee Dance (with DJ)	12:30	p.m.	+

### MONDAY

Fitness Class - Kundalini Yoga	8:30	a.m.	
Computer Class Assessments (9:30-11:00 am)	9:30	a.m.	
Oasis Walkers	9:30	a.m.	
Mindfulness Meditation (through September)	11:30	a.m.	
Painting Group	1:00	p.m.	
Memoir Writing	1:00	p.m.	<input checked="" type="checkbox"/>
Chess	1:00	p.m.	
Conversational Spanish Workshop	1:00	p.m.	
T'ai Chi: Intermediate / Beginner	1:00 / 2:00	p.m.	+
T'ai Chi: Fan / Long Form +	3:00 / 3:30	p.m.	+

### TUESDAY

Mindfulness Meditation	8:30	a.m.	
Resistance Training	8:30	a.m.	
Braille Community Center Program (Sep-July)	9:00	a.m.	<input checked="" type="checkbox"/>
K1, C1 Knitting Group	9:30	a.m.	
Ballroom Dancing (recorded music)	9:45	a.m.	
Belly & Mediterranean Folk Dancing	9:45	a.m.	
Karaoke	12:00	noon	
Mah Jongg Play - all levels	12:00	noon	
Bunko	1:00	p.m.	
Chair Yoga Tonic (through October)	2:30	p.m.	
Senior Support Group	3:00	p.m.	<input checked="" type="checkbox"/>
Learn 'N Line Dance - Beginners	6:15	p.m.	+

### WEDNESDAY

Fitness Class - Beginners	8:30	a.m.	
Texas Hold-em	8:30	a.m.	
Sing-a-Long (Nutrition)	10:00	a.m.	
Auld Lang Syne Bridge	11:30	a.m.	<input checked="" type="checkbox"/> +
Wii Wednesdays - Virtual Bowling	12:30	p.m.	
Ukulele Beginner Class	2:00	p.m.	
Ukulele Group (J.A.M.S.)	3:00	p.m.	
B&B Square Dance Class-Beg (Sep-June)	6:45	p.m.	+

### THURSDAY

Mindfulness Meditation	8:30	a.m.	
iPad Class Assessments (9:30-11:00 a.m.)	9:30	a.m.	
Crochet/Knitting Class/Group	9:30	a.m.	
Hula - Beginners	9:45	a.m.	
Hula - Advanced	10:30	a.m.	
Duplicate Bridge	11:00	a.m.	<input checked="" type="checkbox"/> +
Mah Jongg - advanced play	12:00	noon	<input checked="" type="checkbox"/>
Pan	12:15	p.m.	<input checked="" type="checkbox"/>
Bingo for a Buck	1:00	p.m.	+
Chess	1:00	p.m.	
Cribbage	1:00	p.m.	
Chair Fitness with Kaye	2:30	p.m.	
Horseshoes	6:30	p.m.	
Ballroom Dance (live music)	7:00	p.m.	+

### FRIDAY

Chair Exercise	8:30	a.m.	
Texas Hold-em	8:30	a.m.	
T'ai Chi (outdoors)	9:30	a.m.	+
Friday Bridge	11:30	a.m.	<input checked="" type="checkbox"/> +
RSVP Sewing/Knitting/Crocheting	12:30	p.m.	
T'ai Chi: Beginner	3:30	p.m.	+
Ballroom Dance Class-Beginner	6:45	p.m.	+

### SATURDAY

Texas Hold-em	9:15	a.m.	
Line Dancing Class-Ultra Beginner	9:30	a.m.	+
Quilting Group	9:30	a.m.	
Line Dancing Class-Beginner Plus	10:30	a.m.	+
Balance Class	12:00	noon	+
Zumba Gold	1:30	p.m.	+

### DAILY

Game Room: Drop-in play - Open hours (please note posted exceptions)		
Open Computer Lab / Pool Rooms	open hours	

### MONDAY-FRIDAY

Lunch Program	11:00	a.m.	<input checked="" type="checkbox"/> *
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# Joslyn Weekly Activities - Categories

☒ Sign-up/appointment required; \* \$2.00 suggested donation ; Session fees are \$2.00 (free with BSAC card); higher if noted with "+" (discount with BSAC).

## Arts/Crafts

Crochet/Knitting Class/Group	Thu	9:30	a.m.	
K1, C1 Knitting Group	Tue	9:30	a.m.	
Painting Group	Mon	1:00	p.m.	
Quilting Group	Sat	9:30	a.m.	
RSVP Sew/Knit/Crochet Group	Fri	12:30	p.m.	
Memoir Writing	Mon	1:00	p.m.	<input checked="" type="checkbox"/>

## Cards

Auld Lang Syne Bridge	Wed	11:30	a.m.	<input checked="" type="checkbox"/> +
Bridge Class - 16 weeks (call for start date)	Thu	9:00	a.m.	<input checked="" type="checkbox"/> +
Cribbage	Thu	1:00	p.m.	
Duplicate Bridge	Thu	11:00	a.m.	<input checked="" type="checkbox"/> +
Friday Bridge	Fri	11:30	a.m.	<input checked="" type="checkbox"/> +
Pan	Thu	12:15	p.m.	<input checked="" type="checkbox"/>
Texas Hold-em	W/F	8:30	a.m.	
Texas Hold-em	Sat	9:15	a.m.	

## Computers & Technology

Computer Class Assessments (9:30-11:00 am)	Mon	9:30	a.m.	
iPad Class Assessments (9:30-11:00 am)	Thu	9:30	a.m.	
Gadget Workshop	Call for appointment			<input checked="" type="checkbox"/> +
One-on-One Computer Tutoring	Call for appointment			<input checked="" type="checkbox"/> +
Open Computer Lab	Daily	Open hours		

## Dance

Ballroom Dance Class-Beginner	Fri	6:45	p.m.	+
Ballroom Dancing (recorded music)	Tue	9:45	a.m.	
Belly & Mediterranean Folk Dancing	Tue	9:45	a.m.	
Hula-Beginners	Thu	9:45	a.m.	
Hula-Advanced	Thu	10:30	a.m.	
Line Dancing Class-Ultra Beginner	Sat	9:30	a.m.	+
Line Dancing Class-Beginner Plus	Sat	10:30	a.m.	+
Learn 'N Line Dance Intermediate/Beginner	Tue	6:15	p.m.	+
Matinee Dance (with DJ)	Sun	12:30	p.m.	+
Ballroom Dance (live music)	Thu	7:00	p.m.	+
Square Dance Class-Beg, B&B (Sep-Jun)	Wed	6:45	p.m.	+

## Fitness

Balance Class	Sat	12:00	noon	+
Chair Exercise	Fri	8:30	a.m.	
Chair Fitness with Kaye	Thu	2:30	p.m.	
Chair Yoga Tonic (through October)	Tues	2:30	p.m.	
Fitness Class - Beginners	Wed	8:30	a.m.	
Fitness Class - Kundalini Yoga	Mon	8:30	a.m.	
Mindfulness Meditation	see front			
Oasis Walkers	Mon	9:30	a.m.	
Resistance Training	Tue	8:30	a.m.	+
T'ai Chi: Intermediate / Beginner	Mon	1:00/2:00	p.m.	+
T'ai Chi: Fan	Mon	3:00	p.m.	
T'ai Chi: Long Form	Mon	3:30	p.m.	+
T'ai Chi: Outdoors / Beginner	Fri	9:30/3:30	a.m.	+
Zumba Gold	Sat	1:30	p.m.	+

## Information/Support

Braille Community Center Program (Sep-Jul)	Tue	9:00	a.m.	<input checked="" type="checkbox"/>
Senior Support Group	Tue	3:00	p.m.	<input checked="" type="checkbox"/>

## Music

Karaoke	Tue	12:00	noon	
Sing-a-Long (Nutrition)	Wed	10:00	a.m.	
Ukulele Beginner Class	Wed	2:00	p.m.	
Ukulele Group (J.A.M.S.)	Wed	3:00	p.m.	

## Nutrition

Lunch Program	M-F	11:00	a.m.	<input checked="" type="checkbox"/> *
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## Recreation/Games

Bingo for a Buck	Thu	1:00	p.m.	+
Bunko	Tue	1:00	p.m.	
Chess	Mon/Thu	1:00	p.m.	
Conversational Spanish Workshop	Mon	1:00	p.m.	
Game Room: Drop-in play	Daily (except Tue/Thu, 9:00-11:15 a.m.)			
Horseshoes	Thu	6:30	p.m.	
Mah Jongg Play - all levels	Tue	12:00	noon	<input checked="" type="checkbox"/>
Mah Jongg - advanced play	Thu	12:00	noon	<input checked="" type="checkbox"/>
Pool Rooms: Drop-in play	Daily	Open hours		
Table Tennis	Sun	11:00	a.m.	
Wii Wednesdays - Virtual Bowling	Wed	12:30	p.m.	

[Aug 2015]

See the "Best of Times" and our Monthly Calendar for additional programs.